

CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS

MONDAY

TANDOORI CHICKEN/VEGETABLE DHALL - CHICKEN BREAST, TANDOORI PASTE, NATURAL YOGURT, CHOPPED CORIANDER, SEASONING/RED LENTILS, VEGETABLE STOCK, CURRY POWDER, ONION, CARROT, CELERY, LEEK

VEGETABLE TORTILLA - EGGS, ONION, POTATO, PEPPERS, CHOPPED PARSLEY, SEASONING

SWEETCORN/COURGETTES

SAVOURY RICE - LONG GRAIN RICE, ONIONS, VEGETABLE STOCK, CHOPPED PARSLEY

JACKET POTATOES

BAKED BEANS

TUNA MAYONNAISE

PASTA- PASTA, OLIVE OIL/ PARMESAN/NO CHEDDAR

BACON AND ONION SAUCE - BACON, BUTTER, FLOUR, MILK, CREAM, BAY, ONIONS, SEASONING

CREAMY ASPARAGUS SOUP- BUTTER, FLOUR, ASPARAGUS, ONIONS, VEG. STOCK, SEASONING, CREAM

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/PARMESAN

MIXED SALAD - MIXED LEAVES/ CUCUMBER/TOMATOES

BEETROOT & RED ONION - BEETROOT, RED ONION, OLIVE OIL

ROAST VEG. & PASTA - PASTA, CARROT, ONION, LEEK, COURGETTE, PEPPERS, CELERY, OLIVE OIL, BALSAMIC VINEGAR, SEASONING

GREEK FETA SALAD - FETA CHEESE, DICED BAKED AUBERGINE, SUNDRIED TOMATO, MINT, VINAIGRETTE

HAM AND PINEAPPLE SALAD

SLICED MEAT, BOILED EGGS, CHEDDAR CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

RASPBERRY CREAM DESSERT/COOKIE - RASPBERRIES, CREAM, NATURAL YOGURT, ICING SUGAR GRATED CHOCOLATE / FLOUR, BUTTER, CASTER SUGAR, EGG, COCOA

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS

TUESDAY

HOMEMADE BEEF LASAGNE- MINCED BEEF, ONION, CHOPPED TOMATOES, TOMATO PASTE, VEGETABLE STOCK, BAY, SUGAR, BUTTER, FLOUR, MILK, CHEESE, CREAM, PASTA

MIXED BEAN AND POTATO PIE- CARROT, ONION, CELERY, LEEK, VEGETABLE STOCK, CORN FLOUR, CANNELINI, FLAGEOLET BEANS, SEASONING, POTATO, CHOPPED PARSLEY

GREEN BEANS/CARROTS

GARLIC BREAD- BAGUETTE, BUTTER, GARLIC, CHOPPED PARSLEY

JACKET POTATOES

BAKED BEANS

BARBECUE LENTILS & CHICK PEAS-BARBECUE SAUCE, GREEN LENTILS, CHICK PEAS

PASTA- PASTA, OLIVE OIL/ PARMESAN/CHEDDAR

LEEK AND CHEESE SAUCE- BUTTER, FLOUR, MILK, CREAM, LEEKS, ONIONS, CHEESE, VEG. STOCK, SEASONING

SWEET POTATO AND ROSEMARY SOUP - SWEET POTATO, ROSEMARY, ONIONS, VEGETABLE STOCK, SEASONING

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/ROAST CARROT BITES

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

COLESLAW - SHREDDED WHITE CABBAGE, CARROT, ONION, MAYONNAISE

VEGETABLE CURRIED RICE SALAD - LONG GRAIN RICE, CURRY POWDER, DICED CARROT, ONION, COURGETTE, PEPPERS

CHICKEN AND MANGO SALAD - CHICKEN STRIPS, MANGO, ROAST GREEN & YELLOW PEPPERS

TUNA, TOMATO, FENNEL

SLICED MEAT, BOILED EGGS, CHEDDAR CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

APPLE TART/CREAM - SOLID PACKED APPLES, BUTTER, FLOUR, CASTER SUGAR / CREAM

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS

WEDNESDAY

BRAISED PORK AND APPLE, GRAVY- PORK LOIN , ONION, SAGE, APPLE, VEG. STOCK/
APPLES, SUGAR/ MEAT JUICES, FLOUR, MEAT STOCK, SEASONING, BROWNING

QUORN AND VEGETABLE CHOW MEIN- QUORN STRIPS, PEPPERS, ONIONS, CELERY,
CARROT, LEEK, EGG NOODLES, HOISIN SAUCE, SOYA SAUCE

BROCCOLI / SWEDE

BABY ROAST POTATOES- NEW POTATOES, VEGETABLE OIL

JACKET POTATOES

BAKED BEANS

COLESLAW- SHREDDED WHITE CABBAGE, CARROT, ONION, LIGHT MAYONNAISE

PASTA- PASTA, OLIVE OIL/ PARMESAN/CHEESE

TUNA AND TOMATO SAUCE - TUNA FISH, CHOPPED TOMATOES, TOMATO PASTE, VEG.
STOCK, BAY, CHOPPED PARSLEY, SUGAR, ONION, SEASONING

CHICKEN AND MUSHROOM SOUP- CHICKEN, ONION, MUSHROOM, BUTTER, FLOUR,
CHICKEN STOCK, SEASONING, CREAM

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/SNIPPED CHIVES

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

CELERIAC AND RADISH - GRATED CELERIAC, SLICED RADISH, CHOPPED PARSLEY,
SEASONING

MINTED PEA AND POTATO SALAD - POTATOES, CHOPPED MINT AND PARSLEY, PEAS,
SEASONING, MAYONNAISE

SEAFOOD, CHIVE AND ASPARAGUS SALAD -SEAFOOD, LEMON JUICE, CHIVES,
ASPARAGUS, CHOPPED PARSLEY, VINAIGRETTE

TURKEY AND ROAST PEPPERS

SLICED MEAT, BOILED EGGS, CHEDDAR CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

ORANGE MERINGUE PIE- BUTTER, FLOUR, CASTER SUGAR, ORANGE JUICE, CORNFLOUR,
EGG WHITE

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS

THURSDAY

SAUSAGES - PORK, BREADCRUMBS

BROCCOLI, FENNEL AND PASTA BAKE - BROCCOLI, FENNEL, ONION, PASTA, TOMATO PASTE, CHOPPED TOMATOES, VEG. STOCK, SUGAR, CHOPPED PARSLEY

MIXED VEGETABLES/PEAS - CARROTS, SWEDE, COURGETTES, BROCCOLI, SWEETCORN / PEAS

BAKED POTATO WEDGES - NEW POTATOES, OLIVE OIL

JACKET POTATOES

BAKED BEANS

SWEET CHILLI CHICKEN - CHICKEN STRIPS, SWEET CHILLI SAUCE

PASTA- PASTA, OLIVE OIL/ PARMESAN/CHEDDAR

MUSHROOM SAUCE- BUTTER, FLOUR, MUSHROOMS, ONION, VEG. STOCK, SEASONING

MEXICAN VEGETABLE SOUP- BRUNOIS OF CARROT, ONION, CELERY, COURGETTE, PEPPERS, CHILLI, GINGER, VEG. STOCK, CORNFLOUR

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/NATURAL YOGURT

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

CELERY, APPLE & SULTANA SALAD- CELERY, APPLE, SULTANAS, LEMON JUICE, MAYONNAISE

ORIENTAL VEG. AND NOODLES - BLANCHED SLICES OF CARROT, LEEK, COURGETTE, CELERY, PEPPERS, BEANSPROUTS, EGG NOODLES, HOISIN SAUCE, PLUM SAUCE

PEAR AND BLUE CHEESE - PEARS, LEMON JUICE, STILTON CHEESE

PRAWN AND WATERMELON SALAD

SLICED MEAT, BOILED EGGS, CHEDDAR CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

CHOCOLATE BROWNIE/ CHOCOLATE CREAM- CHOCOLATE, BUTTER, EGGS, CASTER SUGAR, FLOUR/ CREAM, COCOA POWDER

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK ONE - INGREDIENTS

FRIDAY

BAKED BATTERED COD FILLET- BATTER incl. MILK

CHEESE & LEEK TART- PUFF PASTRY, ONION, LEEKS, CREAM, VEG. STOCK, CHEESE, SEASONING, CHOPPED PARSLEY

PEAS/SWEETCORN

FRENCH FRIES

JACKET POTATOES

BAKED BEANS

GRATED CHEESE

PASTA- PASTA, OLIVE OIL/ PARMESAN/CHEESE

ROAST PEPPER & ONION SAUCE- MIXED PEPPERS, TOMATO PASTE, CHOPPED TOMATOES, ONIONS, VEGETABLE STOCK, SEASONING, OLIVE OIL, SUGAR

PARSNIP AND APPLE SOUP- BUTTER, FLOUR, PARSNIPS, ONION, APPLE, VEGETABLE STOCK, SEASONING

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/VEGETABLE CRISPS

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

MUSHROOM AND RED ONION SALAD- MUSHROOMS, RED ONION, OLIVE OIL, BALSAMIC VINEGAR, SEASONING, PARSLEY

VEGETABLE COUS COUS- CARROT, ONION, COURGETTE, LEEK, CELERY, PEPPERS, OLIVE OIL, COUS COUS, VEGETABLE STOCK

CHILLI QUORN AND VEGETABLES - QUORN STRIPS, CHILLI SAUCE, PEPPERS, ONIONS, LEEKS, SEASONING, CHOPPED PARSLEY

TARRAGON CHICKEN MAYONNAISE

SLICED MEAT, BOILED EGGS, CHEDDAR CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

STRAWBERRY JELLY - STRAWBERRIES, STRAWBERRY JELLY CRYSTALS, ICE CREAM

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS

MONDAY

SEARED SALMON STEAK- SALMON STEAK, LEMON JUICE, CHOPPED PARSLEY

CHEESE AND TOMATO PIZZA - PIZZA BASE, CHOPPED TOMATOES, TOMATO PASTE, OLIVE OIL, MIXED HERBS, OLIVE OIL, SUGAR, SEASONING, MOZZARELLA/CHEDDAR CHEESES

SWEETCORN/BROCCOLI

HERB & LEMON PASTA - PASTA, OLIVE OIL, LEMON JUICE, PARSLEY, THYME

JACKET POTATOES

BAKED BEANS

COLESLAW- WHITE CABBAGE, CARROT, ONION, LIGHT MAYONNAISE

PASTA- PASTA, OLIVE OIL/ PARMESAN/CHEESE

MEATBALLS IN TOMATO SAUCE- PORK MEATBALLS, TOMATO PASTE, CHOPPED TOMATOES, BAY, SUGAR, ONIONS, VEGETABLE STOCK, SEASONING

ROAST BUTTERNUT SQUASH SOUP - BUTTERNUT SQUASH, ONIONS, VEGETABLE STOCK, SEASONING

FRESH BREAD-BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/PARMESAN BREADCRUMBS

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

FENNEL, ORANGE & BLACK OLIVE- FENNEL, ORANGE SEGMENTS, BLACK PITTED OLIVES, CHOPPED PARSLEY, OLIVE OIL, SEASONING

NEW POTATO, YOGURT AND CHIVE SALAD- DICED POTATO, CHOPPED MINT, CHIVES, NATURAL YOGURT, SEASONING

CORONATION CHICKEN- CHICKEN, LIGHT MAYONNAISE, CURRY POWDER, SULTANAS

CHEDDAR, APPLE, CELERY

SLICED MEAT, BOILED EGGS, CHEDDAR CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

BANOFFEE DESSERT- DIGESTIVE BISCUITS, CONDENSED MILK, CREAM, BANANAS, LEMON JUICE, CHOCOLATE

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS

TUESDAY

HONEY ROAST GAMMON/ PINEAPPLE- GAMMON, CARROT, ONION, BAY, PARSLEY, SUGAR, HONEY/ SLICED PINEAPPLE

GREEK SPINACH AND FETA PIE- FILO PASTRY, SPINACH, ONION, FETA CHEESE, EGGS, BUTTER, CHOPPED PARSLEY, SEASONING

CARROTS/COURGETTES

NEW POTATOES

JACKET POTATOES

BAKED BEANS

CHINESE CHICKEN- CHICKEN, HOISIN AND PLUM SAUCES, CHOPPED PARSLEY

PASTA- PASTA, OLIVE OIL/ PARMESAN/CHEESE

LEEK & MUSHROOM SAUCE- BUTTER, FLOUR, MILK, CREAM, LEEK, MUSHROOM, ONIONS, VEGETABLE STOCK, SEASONING

TOMATO AND THYME SOUP - TOMATO SOUP MIX, ONIONS, THYME

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/CRISPY BACON

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

APPLE COLESLAW- APPLE, WHITE CABBAGE, ONION, CARROT, LIGHT MAYONNAISE, CHOPPED PARSLEY

SEAFOOD COUS COUS- PRAWNS, OCTOPUS, MUSSELS, COUS COUS, VEG. STOCK, PARSLEY

MOZZARELLA, TOMATO, BASIL- MOZZARELLA CHEESE, DICED, TOMATOES, BASIL, OLIVE OIL

QUORN TIKKA MAYONNAISE

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

BAKEWELL TART/ CREAM- BUTTER, FLOUR, CASTER SUGAR, MIXED FRUIT JAM, SPONGE MIX, ICING SUGAR, CHOCOLATE / CREAM

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS

WEDNESDAY

BARBECUE CHICKEN - CHICKEN BREAST, BARBECUE SAUCE

MUSHROOM AND RED ONION TART- PUFF PASTRY, RED ONION, MUSHROOMS, VEG. STOCK, CREAM, CHOPPED PARSLEY

SWEETCORN / MIXED VEGETABLES -SWEETCORN/ CARROT, COURGETTE, BROCCOLI, BROAD BEANS, SWEDE

SAVOURY RICE- LONG GRAIN RICE, VEG. STOCK, ONION, PEAS

JACKET POTATOES

BAKED BEANS

TUNA AND SWEETCORN

PASTA- PASTA, OLIVE OIL/ PARMESAN/CHEESE

TOMATO AND ONION SAUCE- ONION, CHOPPED TOMATOES, TOMATO PASTE, VEG. STOCK, BAY LEAVES, SUGAR, SEASONING

LEEK, BACON AND POTATO SOUP- BACON , LEEK, POTATO, ONIONS, VEG. STOCK, SEASONING

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/NATURAL YOGURT

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

MEDITERRANEAN ROAST VEG. - PEPPERS, COURGETTES, CELERY, AUBERGINE, ONION, OLIVE OIL, BALSAMIC VINEGAR, CHOPPED FRESH TOMATO, TOMATO PASTE, SUGAR, SEASONING, CHOPPED PARSLEY, VINAIGRETTE

POLENTA, TOMATO & OLIVE- POLENTA, BUTTER, CHEESE, GARLIC, CHERRY TOMATOES, GREEN OLIVES, VINAIGRETTE, CHOPPED PARSLEY, SEASONING

SALMON, DILL, CUCUMBER- DICED SALMON AND CUCUMBER, DILL, LEMON JUICE

MINTED LAMB AND VEGETABLES

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE

CHOCOLATE AND LEMON MOUSSE- CHOCOLATE AND LEMON MOUSSES, GRATED CHOCOLATE

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS

THURSDAY

ROAST BEEF/YORKSHIRE PUDDING- BEEF TOPSIDE, MEAT JUICES, FLOUR, STOCK, EGG, FLOUR, MILK

TOMATO AND BUTTER BEAN HOT POT- ONION, CHOPPED TOMATO, TOMATO PASTE, SUGAR, BAY, BUTTER BEANS VEGETABLE STOCK, SEASONING, CORNFLOUR, POTATOES, CHOPPED PARSLEY

CABBAGE/BROCCOLI

ROAST POTATOES

JACKET POTATOES

BAKED BEANS

PRAWN MAYONNAISE

PASTA- PASTA, OLIVE OIL/ PARMESAN/NO CHEDDAR

HAM AND CHEESE SAUCE- BUTTER, FLOUR, MILK, CHEESE, CREAM, CHOPPED HAM, SEASONING

ORIENTAL VEGETABLE AND NOODLE SOUP- PEPPERS, ONION, LEEK, COURGETTE, CELERY, EGG NOODLES, HOISIN AND PLUM SAUCES, CORNFLOUR

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/CRISPY ONION

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

SWEETCORN

WILD RICE AND VEGETABLE SALAD- WILD RICE, PEPPERS, MUSHROOMS, ONION, OLIVE OIL, BALSAMIC VINEGAR, SEASONING, CHOPPED PARSLEY

CHICKEN, BACON AND AVOCADO SALAD- STRIPS OF CHICKEN, BACON, AVOCADO, LEMON JUICE, CHOPPED PARSLEY

CHEESY COLESLAW

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

ICED CARROT AND APPLE CAKE- CARROT CAKE, APPLES, CARROTS, BUTTER, ICING SUGAR

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK TWO - INGREDIENTS

FRIDAY

BREADED COD FILLET- COD, BREADCRUMBS incl. SKIMMED MILK POWDER

LENTIL AND VEGETABLE CHILLI- GREEN LENTILS, CARROT, CELERY, LEEK, COURGETTE, TOMATOES, ONION, PEPPERS, CHOPPED TOMATOES, SEASONING, SUGAR, PARSLEY, VEG. STOCK, KIDNEY BEANS, CHILLI POWDER

PEAS/SWEETCORN

FRENCH FRIES

JACKET POTATOES

BAKED BEANS

GRATED CHEESE

PASTA- PASTA, OLIVE OIL/ PARMESAN

CHUNKY ROAST VEGETABLE SAUCE- CARROT, CELERY, COURGETTE, PEPPERS, OLIVE OIL, ONION, TOMATO PASTE, CHOPPED TOMATOES, SUGAR, SEASONING

CARROT AND MINT SOUP- CARROTS, ONION, MINT, VEGETABLE STOCK, SEASONING

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/BAKED VEGETABLES

MIXED SALAD- MIXED LEAVES/ TOMATO / CUCUMBER

RED CABBAGE & SULTANA SALAD- RED CABBAGE, ONION, SULTANAS, LIGHT MAYONNAISE, SEASONING

TRICOLOUR PASTA AND MUSHROOMS- TRICOLOUR PASTA OLIVE OIL, BALSAMIC VINEGAR , ONION, MUSHROOM, SEASONING, CHOPPED PARSLEY

ORIENTAL BEEF AND PEPPERS- STRIPS OF BEEF, ONION, PEPPERS, HOISIN AND CHILLI SAUCES, SEASONING, CHOPPED PARSLEY

ROAST SQUASH, PROSCIUTTO, PARMESAN

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

SUMMER FRUIT DESSERT/ CHOCOLATE CHIP COOKIE - STRAWBERRIES, RASPBERRIES, BLACKBERRIES, BLUEBERRIES, CREAM, ICING SUGAR/ CHOCOLATE CHIP COOKIE

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS

MONDAY

ORIENTAL GLAZED CHICKEN/CHINESE VEGETABLES- CHICKEN BREAST, HOISIN SAUCE, SOYA SAUCE, SUGAR, GINGER, CHILLI, VINEGAR, CARROT, ONION, COURGETTE, PEPPERS, MANGETOUT, BEANSPOUTS

QUORN & VEGETABLE GOULASH- DICED QUORN, ONION, PEPPERS, CHOPPED TOMATO, TOMATO PASTE, SUGAR, VEGETABLE STOCK, SEASONING, PAPRIKA, PARSLEY

SWEETCORN/ COURGETTES

SAVOURY RICE - LONG GRAIN RICE, ONION, PEAS, VEG. STOCK

JACKET POTATOES

BAKED BEANS

GRATED CHEESE

PASTA- PASTA, OLIVE OIL/ PARMESAN

BEEF BOLOGNESE SAUCE- MINCED BEEF, CHOPPED TOMATOES, TOMATO PASTE, BAY, ONION, VEGETABLE STOCK, SUGAR, SEASONING

LEEK AND SWEET POTATO SOUP- SWEET POTATO, ONIONS, LEEKS, VEGETABLE STOCK, SEASONING

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/CHIVES

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

GREEN PEA AND APPLE SALAD- PEAS, ONION, GREEN AND RED APPLES, VINAIGRETTE, CHOPPED PARSLEY, SEASONING

ROAST PEPPER AND BULGAR WHEAT- ROAST RED, GREEN, YELLOW PEPPERS, ONION, CHOPPED PARSLEY, OLIVE OIL, BALSAMIC VINEGAR, BULGAR WHEAT, VEG. STOCK

TUNA AND BABY SWEETCORN

BLUE CHEESE, CELERY, GRAPES

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

STRAWBERRY CHEESECAKE- STRAWBERRIES, CHEESECAKE FILLING, DIGESTIVE BISCUIT

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS

TUESDAY

PASTA CARBONARA BAKE- BACON, ONION, BUTTER, FLOUR, MILK, CREAM, CHEESE, VEG. STOCK, PASTA

CURRIED EGGS / VEGETABLE RICE- EGGS, ONIONS, CURRY SAUCE, SEASONING, CHOPPED CORIANDER/CARROT, ONION, PEPPERS, LONG GRAIN RICE, TURMERIC

BROCCOLI/CARROTS

HERBED FOCACCIA BREAD

JACKET POTATOES

BAKED BEANS

COLESLAW- SHREDDED WHITE CABBAGE, CARROT, ONION, LIGHT MAYONNAISE

PASTA- PASTA, OLIVE OIL/ PARMESAN/CHEESE

CREAMY PRAWN AND PARSLEY SAUCE- BUTTER, FLOUR, MILK, PARSLEY, PRAWNS, CREAM

TOMATO AND RED ONION SOUP- TOMATO SOUP MIX, RED ONION, SEASONING

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/HERB YOGURT

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

RADISH AND SPINACH SALAD

HERB AND TOMATO COUS COUS- CHOPPED PARSLEY, THYME, CHIVE, BASIL, TOMATOES, COUS COUS, VEG. STOCK, VINAIGRETTE

MEDITERRANEAN CHICKEN- CHICKEN, ONION, PEPPERS, COURGETTE, AUBERGINE, GREEN OLIVES, TOMATOES, PARSLEY

CHILLI BEEF AND PEPPERS

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

PEAR AND APPLE CRUMBLE CAKE/ CREAM- PEARS, APPLES, BUTTER, FLOUR, SUGAR, / CREAM

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS

WEDNESDAY

COTTAGE PIE - MINCED BEEF, CARROT, CELERY, ONION, LEEK, GRAVY MIX, POTATO

CHEESE AND VEGETABLE LATTICE- MUSHROOMS ONION, PEPPERS, COURGETTES, CHEESE, PUFF PASTRY, CHOPPED PARSLEY, EGG

GREEN BEANS/CAULIFLOWER

NEW POTATOES

JACKET POTATOES

BAKED BEANS

TUNA MAYONNAISE

PASTA- PASTA, OLIVE OIL/ PARMESAN/NO CHEESE

TOMATO & BASIL SAUCE- CARROT, ONION, CELERY, TOMATO PASTE, CHOPPED TOMATOES, VEG, STOCK,, SUGAR, BAY, SEASONING, BASIL

GREEN PEA AND WATERCRESS SOUP- PEAS, ONIONS, WATERCRESS, POTATO, VEGETABLE STOCK, SEASONING

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/MIXED VEGETABLES

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

GRATED CARROT AND RAISIN SALAD

SWEET POTATO AND RED ONION- SWEET POTATOES, RED ONION, OLIVE OIL, BALSAMIC VINEGAR, PARSLEY

SMOKED CHEESE AND APPLE SALAD - SMOKED CHEESE, RED APPLE, LEMON JUICE, CHOPPED PARSLEY, SEASONING

CORIANDER CHICKEN AND LENTILS

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

BUTTERSCOTCH TART/CREAM- BUTTER, FLOUR, CASTER SUGAR, MILK, DEMERARA SUGAR, CREAM

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS

THURSDAY

ROAST LAMB/ROSEMARY, MINT SAUCE- LEGS LAMB, ROSEMARY, MINT SAUCE, MEAT STOCK, FLOUR, GRAVY BROWNING

SPICY BEAN AND TOMATO TACOS- KIDNEY BEANS, ONION, PEPPERS, CHOPPED TOMATOES, TOMATO PASTE, SUGAR, BAY, VEG. STOCK, CHILLI POWDER, SEASONING

MIXED VEGETABLES/PARSNIPS- CARROTS, CELERY, SWEDE. PEAS, SWEETCORN, COURGETTE, GREEN BEANS/PARSNIPS

ROAST POTATOES- POTATOES, VEGETABLE OIL

JACKET POTATOES

BAKED BEANS

CORONATION CHICKEN- CHICKEN, SULTANAS, CURRY PASTE, LIGHT MAYONNAISE

PASTA- PASTA, OLIVE OIL/ PARMESAN/NO CHEDDAR

BACON & TOMATO SAUCE- BACON, ONION, TOMATO PASTE, CHOPPED TOMATOES, SUGAR, VEG. STOCK, SEASONING

CAULIFLOWER AND CHIVE SOUP- BUTTER, FLOUR, CAULIFLOWER, ONION, VEGETABLE STOCK, SEASONING, CREAM, CHIVES, CHOPPED PARSLEY

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/VEGETABLE CRISPS

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

MIXED CABBAGE COLESLAW- SHREDDED WHITE AND RED CABBAGE, ONION, CARROT, LIGHT MAYONNAISE

LEMON AND HERB TORTELLINI- TORTELLINI WITH CHEESE FILLING, CHOPPED PARSLEY, CHIVE, THYME, LEMON JUICE

GINGER AND ORANGE PORK SALAD- SLICED PORK, GINGER, ORANGE JUICE

MACKEREL, APPLE, FENNEL

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

FRESH FRUIT MERINGUE- EGG WHITE, SUGAR, STRAWBERRIES, BLUEBERRIES, KIWI FRUIT, ORANGES, CREAM, STRAWBERRY SAUCE

FRESH CUT FRUIT

CRANMORE SCHOOL MENU WEEK THREE - INGREDIENTS

FRIDAY

BREADED PLAICE FILLET

VEGETARIAN CANNELLONI/TOMATO SAUCE - CANNELLONI, CHEESE FILLING, ONION, BAY, CHOPPED TOMATOES, TOMATO PASTE, VEG. STOCK, SUGAR, SEASONING, CHOPPED PARSLEY

PEAS/SWEETCORN

FRENCH FRIES

JACKET POTATOES

BAKED BEANS

BARBECUE QUORN- QUORN PIECES, BARBECUE SAUCE, CHOPPED PEPPERS

PASTA- PASTA, OLIVE OIL/ PARMESAN/NO CHEESE

HERBY CHEESE & ONION SAUCE- BUTTER, FLOUR, MILK, CHEESE, ONION , SEASONING, CHOPPED PARSLEY, THYME, CHIVE

CELERIAC AND STILTON SOUP- BUTTER, FLOUR, CELERIAC, VEGETABLE STOCK, CREAM, STILTON

FRESH BREAD- BREAD, BUTTER & SPREAD PORTIONS/CROUTONS/NATURAL YOGURT

MIXED SALAD- MIXED LEAVES/ TOMATOES/ CUCUMBER

ROAST COURGETTE AND MINT - COURGETTE, ONION, OLIVE OIL, BALSAMIC VINEGAR, CHOPPED MINT

SPICY GREEN LENTILS AND RICE- GREEN LENTILS, LONG GRAIN RICE, CILLI POWDER, VEG. STOCK, ONION, LEEK, PEPPER, COURGETTE,

CHICKEN CAESAR SALAD - DICED CHICKEN, BACON, GARLIC MAYONNAISE, BREAD, OLIVE OIL, CHOPPED PARSLEY, COS LETTUCE

CHEDDAR, CUCUMBER, SPRING ONION

SLICED MEAT, BOILED EGGS, GRATED CHEESE

LIGHT MAYONNAISE

VINAIGRETTE- OLIVE OIL, WHITE WINE VINEGAR, SEASONING

CHOCOLATE AND RAISIN FLAPJACK- BUTTER, DEMERARA SUGAR, SYRUP, ROLLED OATS, RAISINS, CHOCOLATE

FRESH CUT FRUIT

